

5 Benefits of Group Coaching

Group coaching helps individuals understand they are not alone

1

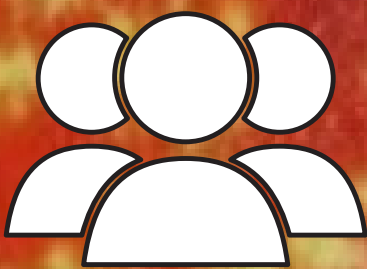


2

Group coaching facilitates giving and receiving support

Group coaching helps clients to find their voice

3



4

Group coaching helps clients to relate to others and themselves in a healthier way

Group coaching provides a safety net of accountability, knowing you have to be accountable to others and them to you

5

